



## Guide 10

# Alternate Cardio Options Procedures

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## 1. Policy

Although the 1.5 mile run remains standard for testing cardio-respiratory fitness, the Navy has authorized Commanding Officers (COs)/ Officers in Charge (OICs) to allow command members to conduct their test on the stationary bike, elliptical trainer, treadmill or swim. Only OPNAV (N135) approved models, listed in the Physical Readiness Information Management System (PRIMS) database may be used for testing. Testing conducted on other models will not be valid and the member will be required to retake the test on an approved machine. The Physical Fitness Assessment (PFA) notification should include the CO's policy on whether alternate cardio options are authorized.

## 2. Logistics

Planning is the key for ensuring test day success. The Command Fitness Leader (CFL) must work closely with Morale and Welfare Recreation (MWR) to reserve the appropriate number of machines needed for testing.

## 3. Command Fitness Leader (CFL) Responsibility

The CFL must obtain authorization to test on the alternate cardio options from the CO and verify that safety/start/stop and testing procedures work accurately on each machine prior to the test day. The CFL must also verify that test day is not the member's first time using the machine by asking the member if they have practiced on that specific machine or model.

## 4. Alternate Cardio Options

The only approved alternate cardio options are the approved elliptical trainers, stationary bike, treadmill (any model), and 500/450 Yard/Meter Swim.

## 5. Elliptical Trainer

a. Life Fitness CT 9500 HR / Life Fitness 91Xi / Life Fitness CT 9500 / Life Fitness 95 Xi (Quiet Drive) / Life Fitness 95 Xi / Life Fitness 95 XE

- (1) Begin pedaling slowly until the machine turns on.
- (2) Press "Manual."
- (3) Enter your body weight.
- (4) Enter time: 14 minutes.
- (5) Enter level: (1-25).
- (6) Begin Test.

(7) At the end of 12 minutes, press “Clear” and record calories burned. It will show up on the display screen in the upper right-hand corner.

b. Life Fitness 91X / Classic Series (CLSX)

(1) Begin pedaling slowly until the machine turns on.

(2) Select “Manual.”

(3) Enter body weight.

(4) Enter time: 14 minutes.

(5) Enter level: 1-25.

(6) Press “Start.”

(7) Begin Test.

(8) At the end of 12 minutes, press “Clear” and record calories burned. It will show up on the display screen in the upper right-hand corner.

c. Precor EFX-556Navy / EFX – 556iNavy / EFX 556i

(1) Begin pedaling slowly until the machine turns on.

(2) Select “Manual.”

(3) Press “Ok”.

(4) Select “Time” at the bottom of the display board.

(5) Use the arrows to set the time to 14 minutes.

(6) Press “Ok”.

(7) Select “Options” to enter in weight, age and gender.

(8) Begin Test.

(9) Record calories burned at the conclusion of 12 minutes.

**Note: For assets with an adjustable base, the cross ramp must be set in remain at “4” throughout the 12 minute test.**

d. Precor EFX-576i / EFX835

- (1) Begin pedaling slowly until the machine turns on.
- (2) Use the arrows to set the cross ramp to “5.”
- (3) Select “Manual”.
- (4) Press “Ok”.
- (5) Select “Time” at the bottom of the display board.
- (6) Use the arrows to set the time to 14 minutes.
- (7) Press “Ok”.
- (8) Select “Options” to enter weight, age and gender.
- (9) Begin Test.
- (10) Record calories burned at the conclusion of 12 minutes.

**Note: The cross ramp must be set and remain at “5” throughout the 12 minute test.**

e. Nautilus (Model E9 16)

- (1) Begin pedaling until the machine turns on.
- (2) Select “Manual” mode.
- (3) Enter weight (using the numeric key pads).
- (4) Enter level 1-20, select enter (level can be changed at any time using the arrows).
- (5) Enter time 14 minutes then select enter.
- (6) Record calories burned at the conclusion of 12 minutes.

f. Technogym Synchro 700 VisioWeb / SP LED Series

- (1) Begin pedaling until the machine turns on.
- (2) Select “Test”.
- (3) Select “2” for “Navy PRT” test.
- (4) Default time is 12 minutes, select “Enter”.
- (5) Enter weight (using the numeric keypad) and select “Enter”.

(6) Begin Test. Adjust resistance with “+” and “-“ keys on display or on handle.

(7) Record calories burned at the conclusion of 12 minutes. This number will remain constant during the cool-down phase.

## 6. Stationary Bike

- a. Begin pedaling slowly until the machine turns on.
- b. Press “Manual”
- c. Enter time: 14 minutes; Press “Enter”.
- d. Enter level (1-25); Press “Enter”
- d. Begin test.
- e. At the conclusion of 12 minutes, immediately record calories burned.

## 7. Treadmill

Treadmill must have:

- a. Motor driven surface belt.
- b. Emergency stop button.
- c. Inclination adjustment.
- d. Odometer that accurately measures distance traveled in miles.
- e. Participant will stand on the belt and set the inclination to 1.0 percent.
- f. The participant will start the treadmill at desired speed.
- g. Timer will signal start as soon as the belt moves.
- h. Treadmill speed may be adjusted to participants comfort throughout the test.
- i. Timer will call out time intervals until completion of test.
- j. Time is recorded with stopwatch to nearest second.

## 8. Swim Test

Event consists of swimming 500 yards or 450 meters in fastest time possible. The swim test is only authorized in a standard 25 or 50 yard/meter swimming pool:

- a. Swimmers must begin test in water.
- b. Timer will signal start and call out time intervals or lengths until completion of test.
- c. Time is recorded with stopwatch to nearest second.
- d. Swimmers may push off from sides with hands and feet after each pool length.
- e. Resting is permitted by holding side of pool, standing or treading water.
- f. Swimmers may use goggles, facemasks, swim caps, and or ear plugs. Fins, snorkels, floatation, wet suit and propulsion devices are not allowed.